

Week 1 (Feb 23, 25, 27/28)

23 Alternately jog/walk 100 meter segments total: 1600 meters
(time: 60sj/90sw=20 min)

25 Alternately jog/walk 100 meter segments total: 1600 meters

HW 27/28 Alternately jog/walk 100 meter segments total: 2000 meters
(time: 90sj/2mw=20 min)

Week 2 (March 2, 4, 6/7)

2 Alternately jog/walk 200 meter segments total: 2000 meters

4 Alternately jog/walk 200 meter segments total: 2000 meters

HW 6/7 Alternately jog/walk 200 meter segments total: 2400 meters
(time: 90sj/90sw/3mj/3mw 2times=24 min)

Week 3 (March 9, 11, 13/14)

9 Alternately jog/walk 200-400 meter segments total: 2400 meters

11 Alternately jog/walk 200-400 meter segments total: 2400 meters

HW 13/14 Alternately jog/walk 200-400 meter segments total: 2800 meters
(time: 3mj/90sw/5mj/3mw/3mj/90sw/5mj = 22 min)

Week 4 (March 16, 18, 20/21)

16 jog 400, walk 400, jog 800, walk 400, jog 800, walk total: 3200 meters
(time: 5mj/3mw/5mj/3mw/5mj = 21 min)

18 jog 400, walk 400, jog 800, walk 400, jog 800, walk total: 3200 meters
(time: 8mj/5mw/8mj = 21 min)

HW 20/21 total: 3200 meter jog
(time: 20 minutes-conversation speed)

Week 5 (March 23, 25, 27/28)-SPRING BREAK

HW 23 800 m jog, 400 m walk, 1200 m jog, 400 m walk, 800 jog walk total: 3600 meters
(time: 5mj/3mw/8mj/3mw/5mj)

HW 25 1600 m jog, 400 m walk, 1600 m jog total: 3600 meters
(time: 10mj/3mw/10mj = 23 min)

HW 27/28 total: 3800 meters
(time: 25 minute jog)

Week 6 (March 30, April 1, April 3/4)

30 (time: 28 minute jog) total: 4000 meter jog

1 total: 4000 meter jog

Homework 3/ 4

total: 4000 meter jog

Week 7 (April 6,8, 10/12)

6 (time: 30 minute jog)

total: 4400 meter jog

8

total: 4600 meter jog

Homework 10/12

total: 4800 meter jog

Week 8 (April 13, 15 and race day: April 18)

13 (time: 35 minute jog)

total: 5000 meter jog

15

total: 5000 meter jog

18 race event-Ohori or Onojo